

Biofeedback Vancouver

Biofeedback Vancouver - Biofeedback is a vast field that has been used since the 1950s. Biofeedback is a training method that comprises monitoring some life signs like for instance blood pressure, muscle activity, EEG and heart rate as a guide. The technique is intended to facilitate greater control over one's body. Since an individual's physiological state is usually related to one's state of mind, having immediate information concerning particular indicators can offer insight to let somebody know more about what their thought processes are.

With biofeedback there are two main methods. The most common is a kind of empowerment training. It is used as a way to becoming a better individual with much more self control. The second technique is as a kind of therapy utilized for overcoming particular sicknesses or health issues. Just like all fields of self-help, biofeedback has its quirks. There are several aspects of body functioning which we are unable to manipulate with conscious control, although the realm of functions which we can manipulate is broader than what most people realize.

One of the more remarkable findings regarding biofeedback was discovered by Dr. James S. Gordon, who was a Yale psychologist and neuroscientist. It was found that several aspects of the autonomic nervous system are adaptable to conscious control. He experimented with rats and was able to get them to alter several nervous functions from brainwaves to heart rate by rewarding them selectively with direct stimulation to their pleasure centers.

There are a variety of issues that biofeedback has been scientifically proven helpful. It can really help with issues like for example pain and stress management, incontinence, spinal cord and stroke rehabilitation amongst others. Biofeedback devices could be found in the form of bathroom scales and mirrors, and can be more common than you might imagine. These tools are types of biofeedback that convey to us information about our look and our weight. Thus, we all utilize biofeedback.

In the future, individuals are hopeful that biofeedback could treat drug addiction, headaches, depression, anxiety and other common concerns. There are individuals who believe that biofeedback tools will advance enough in the future to be able to control bodily functions. It has been suggested that real time MRI brain scans will allow us the chance to immediately know when we are feeling angry or confused. This particular information will make us more inclined to think about how our moods have an effect on our thoughts or decisions.